

Mugg and Bean Recipes

Chinese chicken salad

R25.50

Ingredients

120g Marinated chicken breast*
Salad greens
Cucumber sticks
Avocado pieces
Glass noodles
Oriental dressing*
Tomato wedges

Method

- In Pasta bowl place salad greens & top with chicken pieces.
- Place cucumber and avocado around sides.
- Add oriental dressing & garnish with glass noodles.



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Recipes

Italian Salad with Crostini

R19.50

Ingredients

3 slices	Mixed salad greens (30% ice berg lettuce the rest mixed leaves)
2 slices	Salami
2 slices	White cheese rolled
3 slices	Pecarino thin
	Sun dried tomato
	Tomato
	Onions very thinly sliced
	Olives
	Cucumber sticks
6	Crostini cheesed and uncheesed
	Balsamic dressing
1	Egg
	Carrots julienne

Method

- First make your crostini, 3 plain, 3 with melted pecorino cheese.
- Assemble all the salad greens.
- Add all the bits and pieces as per photo.
- Add the balsamic dressing last.



Mugg and Bean Recipes

Chicken salad R25.50

Ingredients

140g	Smoked chicken pieces
	Lettuce greens
	Tomato & Onion slices
	Cucumber sticks
	Sun dried tomatoes
	Branston Pickle mayo
	Lemon and poppy seed dressing
3	Rolls mozzarella cheese
4	Crostini using French baguette

Method

- Toast the baguette crostini first.
- Assemble as per photo



Mugg and Bean Recipes

House salad with Honey mustard dressing R17.50

Ingredients

- Salad greens (30% ice berg lettuce 70% mixed leaves)
- Tomato
- Onions
- Cucumber
- Honey mustard dressing*
- 6 Olives
- 6 Slices avocado

Method

Prepare in a pasta bowl

Prepare and plate as per photograph.



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Recipes

MIXED LETTUCE AND SMOKED SALMON SALAD R23.50

INGREDIENTS:

- 40g Smoked salmon
- 2 Slices rye bread
- 1 Full green salad (see house salad)
Green goddess dressing (see method)
- 4 Slices dill cucumber

METHOD FOR GREEN GODDESS DRESSING:

Chop up 1/2-cup parsley mixed with chopped dill to one cup of honey mustard dressing.

METHOD FOR MAIN DISH

Place salmon onto buttered rye and slice into fingers. Arrange salmon fingers into green salad

Garnish with a little parsley & a lemon wedge.



Mugg and Bean Recipes

Waldoff salad

R22.50

Ingredients

1 slice whole wheat bread.
80g Smoked chicken
35g Mayo
50g Onion Marmalade
1 Apple
20g Raisins
20g Pecan nuts
60ml Yogurt
30g Celery

Method for the salad.

Combine the apples, celery and yogurt together. The apples must be skinless and dices.
Garnish with pecan nuts

Method for the sandwich.

Toast the whole wheat bread. Top With smoked chicken and onion marmalade.
See photo for plating details

Garnish.

- A wedge of tomato and chopped parsley.



